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# LA LECHE LEAGUE HELPS FAMILIES

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*La Leche League (LLL) is committed to diversity and inclusion.*

*LLL supports all breastfeeding, chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status.*



## **Social Media**

- ❖ Public Durham Facebook Group:  
<https://www.facebook.com/LLLofNCDurham/>
- ❖ Instagram: @lllofdurham  
([instagram.com/lllofdurham](https://www.instagram.com/lllofdurham))



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## **Helpful Hints**

- ❖ Whether working or at home with your baby, we can help you to reach your breastfeeding, chestfeeding, and human milk feeding goals.
- ❖ You can breastfeed, even if you plan to go back to work or you have a Cesarean birth or your baby is premature, or you have twins...even triplets!
- ❖ Nurse often. The more your baby nurses, the more milk you will have.
- ❖ Babies nurse for nourishment and so much more. Nursing can soothe pain, calm fears, and comfort babies.
- ❖ Hold your baby skin-to-skin as much as possible.
- ❖ Nap or rest with your baby when you can.
- ❖ Don't forget to drink water to thirst.
- ❖ Talk with someone who has enjoyed nursing, such as a La Leche League Leader.
- ❖ Start early and continue to build a strong support network.
- ❖ The more you know before you have a baby, the better prepared and more confident you will be!

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# DURHAM LA LECHE LEAGUE

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2025



Nursing Babies, Nurturing Families

Breastfeeding is natural, but it doesn't always come naturally. We offer support to all who want to breastfeed, chestfeed, or provide human milk to feed their little ones.

Whether you are pregnant and have questions; or you are facing a challenge; or breastfeeding is going smoothly and you'd like to help support others...



# 2025 MEETING SCHEDULE

*Meetings are free and led by volunteer Leaders who are experienced with breastfeeding and accredited by La Leche League International. Get support. Ask questions. Share your experiences.*

*All are Welcome!*

## WEDNESDAY MORNING GROUP

**\*ONLINE\***

1ST WEDNESDAY OF EACH MONTH

**AT 10:30AM ET**

(New starting time)

<https://meet.google.com/rzo-dqdh-gcp>

**January 1:** No meeting today. It's a New Year!

**February 5:** ABCs of Breastfeeding

**March 5:** Preparing for Birth and Breastfeeding

**April 2:** Myths and Facts

**May 7:** Working and the Nursing Baby

**June 4:** Benefits of Human Milk

**July 2:** Getting Nursing Off to a Good Start

**August 6:** What is "Normal?"

**September 3:** Weaning: Four Chambers of the Heart

**October 1:** Coping with Others' Attitudes

**November 5:** New Nursing Baby in Your Life

**December 3:** The Art of Avoiding Difficulties

## THURSDAY MORNING GROUP

**\*IN-PERSON\***

3RD THURSDAY OF EACH MONTH

**AT 10:30AM ET**

Carolina Birth and Wellness

5850 Fayetteville Road, Suite 202

Durham, NC 27713

**January 16:** Nighttime Parenting

**February 20:** Weaning & the 4 Chambers of the Heart

**March 20:** Coping with Others' Attitudes

**April 17:** How Do I Cook, Sleep, Clean, Relax?

**May 15:** What Is "Normal?"

**June 19:** Working and the Breastfed Baby

**July 17:** ABCs of Breastfeeding

**August 21:** Bonding from Pregnant to Baby to Toddler

**September 18:** The Art of Nursing

**October 16:** Starting Solids

**November 20:** Managing Travel and Family

**December 18:** Family Life and the New Baby

## SATURDAY MORNING CAFE

**\*ONLINE\***

3RD SATURDAY OF EACH MONTH

**9:30AM ET**

<https://meet.google.com/rzo-dqdh-gcp>

**January 18**

**February 15**

**March 15**

**April 19**

**May 17**

**June 21**

**July 19**

**August 16**

**September 20**

**October 18**

**November 15**

**December 20**

*Cafes are more casual gatherings for support and socializing with no specific topics.*

*Student/Observer? Please send a message if you would like to observe a meeting - <https://www.facebook.com/LLLofNCDurham>*

Offering free support between meetings, too!

## Call or Text a Leader

Carlita – 912-856-7948

Amber – 919-282-4433

Megan – 336-830-3089

Lauren – 631-521-6181

Jahmekya – 573-397-1101

Love – 919-622-8787

Jessalyn – 928-978-3805

Jennifer – 919-699-1415

Jasmine – 919-357-2193

Sunshine – 919-491-7042

Kathleen – 919-624-0230

Find other La Leche League USA meetings:  
<https://www.facebook.com/LaLecheLeagueUSA/events/>

Check out the  
Library!

<https://llldurham.org/brochure-resources/>



Consider becoming a member of LLL of Durham. It's \$20 a year. You can pay via PayPal – [lll.of.durham@gmail.com](mailto:lll.of.durham@gmail.com). Or mail a check (made out to LLL of Durham) to 6319 Coronado Ln, Durham, NC 27713. Your membership will help LLL of Durham continue to provide support and resources in our community.

Please feel free to copy and distribute this brochure.